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THE LIGHTS ARE ON
AND CANADIANS ARE RIGHT AT HOME WHEN IT COMES TO INNOVATIVE IDEAS THAT CHANGE THE WORLD PAGE 4 & 5

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Weir bows out, backs Meili

NDP leadership race. Candidate's withdrawal means it's now a three-way competition between Meili, Broten and Wotherspoon

JEFF MACKEY
jeff.mackey@metronews.ca

The field in the Saskatchewan NDP leadership got a little bit smaller Wednesday.

Erin Weir, a Regina-based economist, withdrew from the competition and threw his support behind Saskatoon doctor Ryan Meili.

"I believe he is the candidate in the best position to ensure progressive leadership of our party," said Weir at a press conference at the Tommy Douglas House in Regina.

Members of the Saskatchewan NDP will be choosing their new leader on March 9.

"This is certainly an important juncture in the race," said Weir, referencing the conclusion of the candidate debates and the approaching mail-in ballot deadline.

"Some of the issues that establish the common ground between Ryan and I came to the fore in the last few debates and they were really important in informing this decision."

The two candidates released a statement of shared principles. The document points to policies regarding resource revenues, climate change, workers' rights, early childhood development and retirement security in common.

The three candidates that still remain in the race are Meili, Trent Wotherspoon and Cam Broten.

"This is a head start on building the unity that we are going to need to build as we come out of this race," said Meili. "All the candidates are going to be involved as part of the team after this race and I'm excited to get to test-run that a bit with Erin as we work to integrate our teams."

Erin Weir, left, looks on as Ryan Meili speaks during a press conference at the Tommy Douglas House in Regina on Wednesday. Weir has withdrawn from the provincial NDP leadership race and thrown his support behind Meili.
JEFF MACKEY/METRO

Slean goes her own way

The singer-songwriter's latest album breaks from the conventional with a 21-piece string section PAGE 9

Rallying to save our pools

A swimsuit-clad protest was just one part of a grassroots movement to stop inner-city pool closures PAGE 3

Happier times for Ashley

The adoptive mother of a teen who died in an Ontario jail cell tells an inquest how it used to be PAGE 6

Jones prevails in Scotties showdown

Defending champion Heather Nedohin falls to Jennifer Jones and Team Manitoba PAGE 14

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Labour leaders want province to slow down on law changes

Omnibus bill. Union reps want more careful consideration for act that melds 12 workplace-related pieces of legislation

The Saskatchewan government is being urged by members of its own advisory committee to more carefully consider proposed new labour laws.

Nine union leaders who were on the committee are asking the province to slow down passage of the proposed Saskatchewan Employment Act, which melds 12 workplace-related pieces of legislation into one omnibus bill.

The leaders say the act would "re-set" employment in ways the committee would not have predicted.

"When we do finally have a law, we want a law that works for everybody," said committee member Hugh Wagner, who is also general secretary of the Grain and General Services Union.

"And it doesn't serve business, it doesn't serve unions, it doesn't serve working people, it doesn't serve government if we then spend the next five years in litigation trying to sort out what the law means."

Wagner said the bill "goes far beyond and to more places" than the committee considered.

The committee needs more time to do a page-by-page review of the act, Wagner said. He also said there should be public consultations. He did not say how long that could take.

"The time you need is the time to get it right and if that is months, so be it. If it's another 12 months or a year, so be it," he said.

"I don't think we can put a stopwatch in motion on this and say we've got to be done by such and such a date. There is no crisis with regard to labour legislation in the province." THE CANADIAN PRESS

Hugh Wagner, a member on the Minister of Labour Relations and Workplace Safety Advisory Committee, addresses the media on Wednesday. JEFF MACKEY/METRO

Grassroots advocacy prevents pool closures

City council has amended an administrative report which would have seen inner-city outdoor pools shut down and only Wascana Pool receive funding upgrades. ALYSSA MCDONALD/METRO

Letters to the city, phone calls to councillors and public voices at committee meetings have changed the focus of city council from closing inner-city pools to saving them.

Marie Karner was one voice heard at city council on Tuesday night representing the Heritage Community Association.

"People have stood up. To take away the one-and-only recreational amenity that we have here in Heritage would seriously affect people's lives," Karner told Metro on Wednesday.

The Heritage neighbourhood was at risk of losing Maple Leaf Pool, which offers free swimming during summer months for community children.

"To hear that people have written letters, that teachers and students, people that use that pool young and old alike, is part of the democratic process," said Karner about the grassroots movements trying to save the pool including school children writing letters to the city and a swimsuit clad protest that took place at Maple Leaf.

"It was done in an independent way. It's not like we all got together and decided we were going to fight this," said Karner.

Mayor Michael Fougere says council listened to the public and amended the administrative report, which was released at executive committee on Jan. 21, and will now review options to invest in and make the pools more sustainable.

"We can't be coldhearted and say we won't listen to what the public says. They want those pools open and we are going to do that, we will just make it work," said Fougere at Tuesday night's city council meeting.

The report's initial intent was to shut down some inner-city pools, including Maple Leaf and Regent Pool, in need of repair and focus on the central Wascana Pool.

ALYSSA MCDONALD/METRO

Cross-country concepts

Innovation in Canada can be traced back more than 150 years and many Canadian inventions are still in use today. You may be surprised at some of the innovations that put Canada on the map.

COMPILED BY METRO CALGARY

B.C./Alberta

Java
Java applets sound familiar? Calgary-born and educated James Gosling, along with partners Mike Sheridan and Patrick Naughton, brought us the now-widely used computer language. Java, which first rolled out to the public in 1995, is a computer language that can run on various platforms without having to be reconfigured.

Insite
North America's only legal supervised injection site is considered by many to be a great social innovation. The controversial program operated by B.C.'s Health Ministry and located in Vancouver's Downtown Eastside provides a health-focused site for injection drug-use (heroin, cocaine, morphine). The clinic doesn't provide drugs, but helps administer addiction treatment, mental health outreach and first aid to an area of the city with rampant drug use.

Atlantic Canada

Confederation Bridge
This 12.9-kilometre span linking P.E.I. and New Brunswick is a significant civil engineering innovation in Canadian history — allowing bridge building to be done over large bodies of water that freeze. The innovative design by Canadian company Straight Crossing Development Inc., protects the structure from the pressure of shifting ice packs.

Kerosene
More than 170 years ago, Abraham Gesner of Nova Scotia perfected the process for making kerosene, which fuelled lanterns and some heating units, and some of today's camping stoves. Unfortunately, because of conflict with a New Brunswick coal conglomerate, Gesner couldn't get financial backing for the product until he moved his business to Long Island, N.Y.

Prairies

Garbage bag
What is one man's trash is another's treasure. In 1950, Winnipeg engineer and industrial designer Harry Wasyluk and his partner Larry Hansen developed the first commercial disposable green garbage bag. The first bags were sold to the Winnipeg General Hospital. The invention was later purchased by Union Carbide, which brought us Glad garbage bags by the 1960s.

Air ambulance
Peace of mind in emergency situations was given a big boost in the mid-1940s, with the start of the Saskatchewan Air Ambulance Service (SAAS). It was the first non-military, government-operated air ambulance service in the world to take flight. It allowed emergency crews access to remote areas to provide service where ground ambulance was unavailable. Air transport is now used as a regular emergency services regimen around the world.

Central Canada

Instant replay
As Canadian as Saturday night hockey in our homes, so to is the instant replay we see on all the great goals. Hockey Night in Canada producer George Retzlaff first pioneered the slow-mo instant replay during a 1955 broadcast. The replay broadcast several minutes after the initial play.

Pablum
A staple in any home with toddlers, pablum, the cereal paste with all sorts of nutritional value, was developed at the Toronto Hospital for Sick Children in 1930. The soft cereal, and others like it, is still widely used all over the world.

Canada Innovates

Part 2

Notice anything different? Part 2 of Metro's look at innovation in Canada is laid out with a vertical design. Not only does it enable a clean, sharp look at some of Canada's best ideas and the people who brought them to us, but it also serves a practical purpose.

The vertical layout is an idea born in the tight confines of mass transit, where you often bump elbows with your neighbour on the train or bus. Reading a paper this way can take up less space, in turn giving those around you more.

Do you like it? Send us an email at readers@metronews.ca or tweet @MetroNewsCanada with your thoughts.

Tomorrow, we punch in a few key words in our design as we look at past failures and innovative ideas for solving them.

Exclusively online

Not every invention ever made is a hit. Visit metronews.ca/badideas for our gallery of the worst inventions ever.

Patience, collaboration and perseverance: Four grass-root innovators come up with new solutions to old problems.

DARREN KRAUSE/METRO

4 Faces of Canadian innovation

Heather Young — Young Associates

ALLOWED UNORGANIZED GROUPS TO FOCUS MORE ON ART

At first, Heather Young didn't know much more about arts administration than the students she taught at Humber College in Toronto 20 years ago. But what she quickly learned in trying to teach sound fundamentals of arts management was that hard information on the topic was difficult to muster — let alone make available to budding artists and art groups. As good innovators often do, she saw a need and filled it. Young crafted her own materials, including Finance for the Arts in Canada, a textbook and reference guide to aid in running an arts organization. Her company, Young Associates — with a staff of 12 — now serves as a financial management resource for 90 Toronto companies. She's soaked in years of knowledge working with arts groups in the city — something she believes is essential for innovation.

"Get to know your subject area as intimately as you possibly can," she said. "You need to know the upsides and downsides of what you're working on ... and in particular the gaps in the available supports."

Arts

Dr. Michael Montgomery — Kinetica

HELPED BUILDINGS STAND UP TO EXTREME WEATHER

Engineering

In his words, it's a simple application for a long-standing problem. Working on his PhD at the University of Toronto, Dr. Michael Montgomery was looking for ways to safely limit the vibration of buildings in earthquake and high-wind situations. Montgomery sought to replace stiff, mediocre-performing reinforced concrete with high damping rubber in between steel plates throughout the structure of the building, effectively absorbing energy triggered by high winds or earthquakes. The technology has been used elsewhere, but never caught on in North America. Montgomery refined the configuration of an older system, which was initially retrofitted to an extent in the World Trade Centres back in the 70s, to come up with a new solution for modern buildings.

"One of the key things for this (innovation), was to be practical," said Montgomery, who is now CEO of the Toronto-based company Kinetica. "If you understand an industry very well, and you know what's currently lacking, it's a lot easier to develop something practical and meaningful."

Christine Causing — Edmonton Next Gen

HELPED GENERATE CREATIVE IDEAS THROUGH CONNECTING CREATIVE MINDS

Ideas are aplenty. But bringing like-minds together helps incubate those ideas and connect people with partners who can really make things happen.

That's the idea behind successful Pecha Kucha events like those held in Edmonton, under the leadership of Christine Causing, co-ordinator for Edmonton Next Gen.

Next Gen's mandate is to create "a hub for connecting people, places, community and ideas together," something Causing believes is essential for an idea to move forward.

"It's all about exposure for ideas," said Causing, who has helped steer 14 successful Pecha Kuchas since 2007, with a 15th slated for the first week of March. "It starts a whole conversation about an issue or an idea or even something city council should be doing."

Sometimes it's the planting of a seed, said Causing, sometimes it's a conversation, or awareness about something happening in the community. Creating a space where ideas and individuals collide stimulates further innovation. "It brings people together to share ideas," she said. "You can meet people who are directly involved in making things happen in the city." For more information, visit edmontonnextgen.ca.

Collaboration

Terry Bigsby — Aspenware

MADE CANADIAN MEALS MORE GREEN BY INTRODUCING ECO-FRIENDLY CUTLERY

For woodshop instructor-turned entrepreneur Terry Bigsby, innovation was a long-term labour of love. In 1997, Bigsby saw the merit in a German wood cutlery product for its eco-friendly qualities, but got a rude awakening when he travelled to the Fatherland only to hear the $50 million price tag to import the technology to Canada. That's when he set to work on a made-in-Canada solution.

Multi-award-winning Aspenware's compostable, single-use wood cutlery is textbook innovation. Bigsby's team of 15 collaborated over the next decade to develop a worldwide patented process to produce biodegradeable wood cutlery faster, more efficiently and using source material typically not desired in the production of wood tools. He now produces cutlery 10 times faster than the German system he sought 15 years ago. Bigsby, president of the Vernon, B.C.-based company, said he could talk for hours on the lessons he's learned being a passionate innovator — from being ready for the "curve ball" to not being greedy. The one piece of advice he believes is most valuable for innovators is to see things through."It's the stick-to-itiveness," he said. "If you have an idea that has value and merit — stick to it." Visit aspenware.ca.

Manufacturing

A ‘smiling and happy’ child, but she died in a prison cell

Ashley Smith’s early years. ‘You never saw that girl without a smile on her face,’ her adoptive mother tells inquest

A homebody. An independent child who always had a smile on her face.

The adoptive mother of Ashley Smith painted this happy picture Wednesday of the troubled teenager who strangled herself in her prison cell.

“You never saw that girl without a smile on her face,” Coralee Smith testified at the Toronto inquest into Ashley’s death. “Most of her life, she was smiling and happy.”

Coroner’s counsel Marg Creal asked what Ashley liked.

“Oh my goodness, what did Ashley like? Quiet time and doing her own thing. She loved her doll,” Smith answered, her hands twisting a piece of paper. “Ashley was very independent.”

Ashley was 19 when she strangled herself in her cell at the Grand Valley Institution in Kitchener as guards, ordered not to intervene, watched.

She had spent most of her last three years in segregation cells.

Smith, of Moncton, N.B., described how she and her husband of two years, Harold, adopted Ashley as a three-day-old in 1988.

The relationship with Harold soon ended, and Smith got involved with Herb Gorber when Ashley was about three and a half years old.

Ashley became obsessed with knowing details of her parentage, Smith testified.

In Grade 9, Ashley was expelled for disruptive behaviour.

Ashley saw a psychiatrist. “She opined Ashley was just a normal teenager,” Smith said.

At the start of Smith’s evidence, presiding coroner Dr. John Carlisle expressed “heartfelt and sincere condolences” for her daughter’s death.

THE CANADIAN PRESS

Quoted

“I’m too fat and I have acne.”

Ashley Smith, talking after a session with a psychiatrist, according to Coralee Smith, her adoptive mother.

Coralee Smith, the adoptive mother of Ashley Smith, walks with lawyer Julian Falconer into the Toronto coroner’s court on Wednesday. The inquest heard that Ashley wanted to know about her adoptive father, but Smith said she didn’t have much information to give her. MICHELLE SIU/THE CANADIAN PRESS

‘Don’t drink water’

Woman’s body sparks mystery at infamous hotel

Health authorities issued a don’t-drink-the-water order Wednesday after the body of a Canadian woman was found wedged into a water tank atop a Los Angeles hotel.

The body of Elisa Lam, 21, of Vancouver was discovered at the Cecil Hotel.

Officials said the water was used for cooking in the hotel. A hotel coffee shop has been instructed to sanitize its food equipment.

The hotel was the home of killers such as Richard Ramirez, known as the Night Stalker, and Austrian Jack Unterweger, convicted of murdering nine prostitutes.

THE ASSOCIATED PRESS

Girlfriend killed

Police admit blunders in Blade Runner case

The prosecution case against Oscar Pistorius began to unravel in South Africa Wednesday with revelations of police blunders.

The lead investigator admitted authorities have no evidence challenging the double-amputee Olympian’s claim he killed his girlfriend accidentally.

Pistorius, dubbed the Blade Runner for his prosthetic legs, faces a charge of premeditated murder.

He says he mistook Reeva Steenkamp for an intruder and shot her out of fear, while prosecutors say he planned the killing.

THE ASSOCIATED PRESS

Two groups complain

Tories accused of gagging federal scientists

The Conservative government is being accused of suppressing the release of scientific information.

The Environmental Law Centre at the University of Victoria and the ethics watchdog Democracy Watch are asking the federal information commissioner to investigate “systematic efforts” to obstruct access to government scientists.

The complaint arises from a sweeping Conservative communications policy under which federal scientists must get permission before speaking publicly.

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Tablet ownership explodes in Canada

Usage trends. Survey finds we're most likely to use these 'mobile' devices at home

The iPad is still king; those addicted to their tablets read more news and watch more streaming video; and the popular gadgets are mostly used at home, even though they're often called "mobile" devices, says a new report that details how Canadians are adopting and using tablets.

According to the report by the Media Technology Monitor, a research product of the CBC, an estimated 26 per cent of the population had a tablet as of last fall. Tablet ownership had more than doubled in a year and was up from just five per cent in the spring of 2011.

Of the tablet owners, almost two-thirds had an iPad, while about 15 per cent each had purchased either a BlackBerry PlayBook or a Google Android device.

Owners of iPads were found to be the most enthusiastic about their purchase.

Tablet ownership in Canada has more than doubled in the space of a year, according to a Media Technology Monitor report.
CHRISTOPHER FURLONG/GETTY IMAGES

While a vast majority of all tablet owners said they would definitely or probably recommend their device to family and friends (86 per cent), the numbers were even higher for those with an iPad, at 91 per cent. About 61 per cent of iPad owners said they would definitely recommend their tablet, compared to 44 per cent of other tablet owners.

THE CANADIAN PRESS

Market Minute

DOLLAR
98.30¢ (-0.53¢)

TSX
12,714.05 (-96.16)

OIL
$94.46 US (-$2.20)

GOLD
$1,578 US (-$26.20)

Natural gas: $3.28 US (-1¢)
Dow Jones: 13,927.54 (-108.13)

Homebody habits

82%

Tablets may be classified as mobile devices, but people largely use them at home. The survey found 82 per cent used tablets most around the house, compared to just eight per cent at work, two per cent at school or while travelling and one per cent either in a coffee shop or restaurant, in the car or on public transit.

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CleanseSMART
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First Cleanse is designed for the first time or sensitive cleanser. It is gentle yet effective.
CleanseSMART is a 30 day advanced cleanse that deeply detoxifies the whole body. CleanseSMART is designed to work regardless of diet or lifestyle.
Rapid Cleanse is a 7 day cleanse that is perfect if you need results quickly or if you would like to cleanse on a more regular basis.
TESTIMONIAL
After suffering from fatigue, headaches and chronic constipation. I did a cleanse and it changed my life. That was 7 years ago and I still cleanse 2-3 times per year. I have tried other cleanses but I always come back to Renew Life cleanses. They just WORK! Evelyn P. 2012-05-04.
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A 'BOONE' FOR BACHELOR DECOR

HE SAYS...
John Mazerolle
metronews.ca/voices/he-says

A friend recently visited my apartment for the first time. She made note of my bare, white walls, my mattress lying directly on the floor, my rooms devoid of paintings, plants or pillows and asked: "Oh, when did you move in?"

I paused: "Three years ago."

Her stare was as blank as the walls.

At first I was embarrassed. I thought to myself, "Self, you need to decorate your bathroom with more than a toothbrush. You need more than five spices to spice up your kitchen. In the living room, you need fewer pizza boxes and more pizzazz."

But I changed my mind when I looked online. Most decorating sites showed bachelor apartments that were attractive, yes, but were also huge, immaculately decorated, and overlooking some cityscape or other. These were the kinds of places where you need to use a remote control just to reveal where the TV is hidden. Even inexplicably rich characters on New York-based sitcoms couldn't afford these places. These are, at minimum, lairs for Bond villains.

My embarrassment faded. My current apartment was just fine, thank you.

I still see the value of a nice apartment, mind you, but I think a few easy changes can make all the difference, as you'll see.

John's Tips for Bachelors for Decorating for Cheap for Dummies

How to add a touch of class

Empty wine bottles can look handsome in any living space ... a collection of Boone's Farm shows an under-the-shirt, over-the-bra touch of class that will impress guests who didn't even know you could make wine from mountain berries.

1) Empty wine bottles can look handsome in any living space. For instance, a collection of Boone's Farm shows an under-the-shirt, over-the-bra touch of class that will impress guests who didn't even know you could make wine from mountain berries.

2) Don't like the colour of your bathroom tile? Wait.

3) Savvy decorators use floating shelves to show off mementos, such as commemorative quarters or favourite Bazooka Joe comics. IMPORTANT: Please note that floating shelves do not float, despite the name. Some of us learned the hard way.

4) If you find an infestation of insects, remember that they add personality and much-needed hi-jinx, unless Disney and Pixar have been lying to us all these years, which seems unlikely.

5) A mirror will make your place look bigger to simpletons. Have guests over and leave them thinking you're twice as popular as you are, but don't let them wander off to the "party" in the "second living room."

6) Mirror not fooling you? Make your space seem bigger by getting wee furniture and whistling The Friendly Giant theme all day.

As you can see, making your bachelor pad a happy place is mostly about attitude.

The austere walls of my apartment are minimalist art, I've decided, an unadorned white canvas upon which you can project your great hopes (world peace) or your worst fears (ghost in a snowstorm).

Or perhaps it's a cultural critique of materialism — why do mattresses need elevation, really, except as a sign of our Western insecurities?

Or maybe it's cutting-edge fashion, with the cool, clean lines bringing to mind the futuristic aesthetics of a Constitution-class starship. (Nothing says 'I'm a bachelor' like passing references to Star Trek technology.)

The real trick is seeing things in the right light. So if you still hate your place, wait till night, turn off all the lights, and pretend you live some place better.

And if you're still not happy, there's always Boone's.

Birds of the weather

CHINAFOTOPRESS/GETTY IMAGES

For all the snow in China

Guard's break shapes up nicely

This man took his eye off the bank he was minding to do something a little more creative. Security guard Du Jinqian made the most of recent wintry weather in Hangzhou, eastern China, and crafted some dainty birds out of snow. During a work break, he built over a dozen snow chickens and one snow goose on the steps of the bank. METRO

Tallying winter's toll

60 cm

Heavy snow has fallen across eastern China, causing disruptions to airports and roads. Some 60 cm of snowfall led to the closure of Nanjing Lukou International Airport for more than 12 hours.

90

Ninety houses collapsed and 114 others were damaged due to heavy snow.

$13.38M

The resulting economic losses totalled $13.38 million, China Radio International reported.

Assembly required

At work: Fruit peels and a cocktail stick

To create his avian masterpieces, Jinqian used snow and ice collected from nearby parked cars. The guard added discarded bits of fruit and other food items to form the sculptures' eyes and beaks. Jinqian used what looked like a long wooden cocktail stick to provide the finishing touches to his handiwork. Passersby stopped to take photographs of the guard. METRO

The Hangzhou of it

- **Wealth.** Capital of Zhejiang Province. With its fertile farmland, Zhejiang is China's wealthiest province.
- **Famous visitors.** Marco Polo described Hangzhou as "the greatest city which may be found in this world."
- **'Protestant' work ethic.** Reports claim Hangzhou's famed entrepreneurial spirit is due to the high number of Christians living there.

Metropolitan Panel

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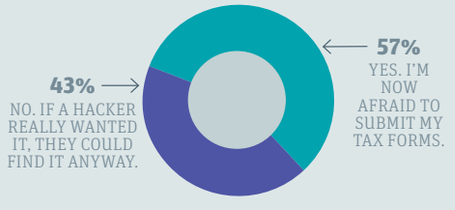

Twitter

@lastchapterz: Dear #yqr thank you for almost killing me three days in a row. Its uncool to put up giant billboards of women in lingerie by sask drive lol

@_ebachman: What's a signal light?? #YQR

@AndrewMatte: I'm not sure the usually smart guys on the cjme morning show understand how insurance works. #yqr

@HappyEmo: I wish I brought a blanket to work. #yqr, you is cold today. #frostbite

@TallBlondeAdam: Home is nice. Cold is not. #YQR

@CassLCampbell: Making myself a poutine to make up for the lack of cookies

metro
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Sarah Slean has sold out the Artesian on 13th for her Feb 22 show. She is touring in support of her latest album Land and Sea. CONTRIBUTED/ PHEROMONE RECORDINGS

Slean hits up Saskatchewan

Land and Sea. New double-disc album hits opposite poles, in both sound and lyrics

BACKSTAGE PASS
JEFF MACKEY
jeff.mackey@metronews.ca

Singer-songwriter Sarah Slean is determined to compose her own path.

"This is a really fast paced world, a sound bite, 10 second kind of world, but my conviction is that there is an appetitive for intelligent exploration in that world," said Slean.

"You ask yourself, 'What can I do to this, how can I make it new, interesting?'"

Slean is now a veteran of the Canadian music scene and she will be taking her unique live show to a sold-out Regina crowd at the Artesian on Feb. 22.

Slean's newest project, Land and Sea, is a two-disc album with two very distinctive halves.

Land, the first disc, is a poppy rock album produced by Canadian rock guru Joel Plaskett.

The second disc, Sea, on the other hand, employs a 21-piece string section and is much more epic in scope and sound than its counterpart.

"When I started writing for this record I didn't know what it was going to be," said Slean. "As I was doing that I noticed that the stories were gathering around two very distinct, separate poles — not just sonically but really lyrically."

The result of the process was two decidedly different but unmistakably Slean albums.

According to Slean, the concept behind Land concerns the "here and now, time and space." It features catchy tunes like Everybody's on TV and Girls Hating Girls, which delve into social critiques and commentary.

Alternatively Slean describes Sea as something "beyond the temporal and the here and now, something mysterious." Producer and composer Jonathan Goldsmith split the arrangement duties with Slean for the intimidating 21-piece string section that is on the album.

Once the record was complete, Slean was faced with a rather difficult problem: How do you tour Canada with a 21-piece string section? In the middle of a Canadian winter no less.

"For touring it we figured out a way to take an expandable, retractable ensemble on tour," said Slean. "You take the essential element (with you) and then, at the venues that will allow it, you hire local classical players to open and enlarge the string section."

Slean's shows this tour have ranged from a full orchestra accompanying her right down to her most basic possible arrangement: herself, a drummer, a backup singer and a string quintet.

Land and Sea also marks a new path for Slean of a different sort, it is her first album on independent record label Pheromone Recordings, based out of Toronto.

But even this doesn't reach the depths to which Slean is looking to break the mold — she made headlines in January when she refused to accept a Queen's Diamond Jubilee Medal in solidarity with the nationwide Idle No More protests.

"It was a personal decision simply to say to them (the protesters) 'I hear you, I see you and I am using whatever public voice I have," said Slean. "It was a real honour to be selected for something like that, but I thought that this was more important."

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COR
U CHOOSE
"The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart"
HELEN KELLER
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www.creativeoptionsregina.ca

The Word

MAC and Rihanna team up

THE WORD
Dorothy Robinson
scene@metronews.ca

Face it, this is Rihanna's moment. The pop star dazzled in Azzedine Alaia at the Grammys, made headlines with her controversial date, Chris Brown, and launched her first collection with U.K. high street retailer River Island during London Fashion Week. Yesterday — on her 25th birthday, no less — it was announced that she's teaming up with MAC cosmetics on four collections that will hit stores later this year. It's the first time the cosmetics giant will collaborate with one celebrity on multiple lines.

According to an exclusive interview with WWD, the first product up will be RiRi Woo, a lipstick inspired by MAC's best-selling red, Ruby Woo, Rihanna's favourite.

So how does the pop star feel about all the multitasking? "Being creative is something that I love, so I can put that into different outlets. Music happens to be the first thing that I gravitated to and now music opens doors to just so many different opportunities — they all tie in," she says. "My makeup looks, my fashion looks … they help me to express myself as an artist. I think it helps people to understand me or my mood, my story."

Did you hear that? Apply RiRi Woo and apparently you'll understand why she's still with Chris Brown.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Alec Baldwin

Baldwin denies racist spiel against photog

Alec Baldwin is vehemently denying allegations that he peppered a paparazzo with racial epithets during a heated exchange outside his Manhattan apartment, according to E! News. A photographer working for the New York Post claims that Baldwin called him "a crackhead," "a coon" and "a drug dealer" during the altercation. "The claim of racist remarks is one of the most outrageous things I've heard in my life," Baldwin says. "I've certainly had my moments. But this is not one of them. I don't think I've ever uttered a racial epithet to someone in my lifetime."

Twitter

@TheRealRoseanne
givng my first interview to high times this week.

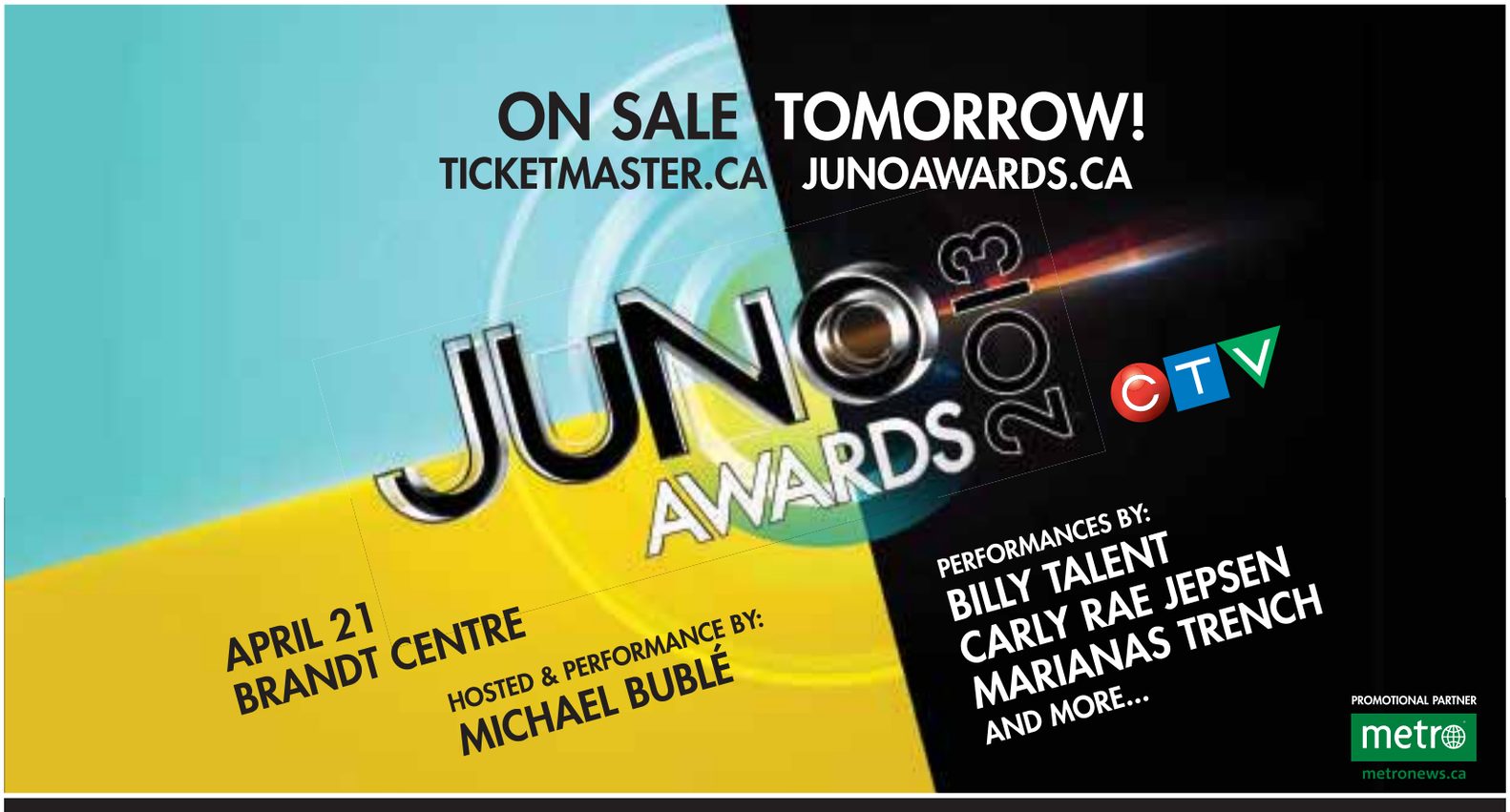
@Rosie
We Stanley steamed a carpet - and now the house smells like my Nanas toni home perm - from 1971

@Pink
Mary Poppins is f---ing incredible. Still. Julie Andrews dammit. You just made my lullabies look like a sad sad semi-hoarse karaoke sesh.

Does Britney Spears use a ghost singer?

Britney Spears is no stranger to charges that she lip-syncs during concerts and awards show performances, but now the former X Factor judge is accused of lip-syncing in the recording studio, according to Star magazine. "My daughter sings for Britney Spears," Murray Langston tells the magazine, claiming that his daughter, Myah Marie, sang seven songs for Spears on her Femme Fatale album — and was only paid $1,000 per song. "The truth is, Myah can sound just like her. She has a knack."

Britney Spears ALL PHOTOS GETTY IMAGES



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A model walks the runway at the Vivienne Westwood Red Label show during London Fashion Week Fall/Winter 2013/14 at the Saatchi Gallery on Sunday. IAN GAVAN/GETTY IMAGES

Welcome to the wild world of Westwood

Vivienne Westwood.
The designer gives Metro a pre-show interview during London Fashion Week

RICHARD PECKETT
life@metronews.ca

Well, aren't London's galleries having a moment in London? Playing host are Tate Modern, Tate Britain and now the Saatchi Gallery in swanky Chelsea. The area is about as punk as Prince Charles these days, but it used to be home to Vivienne Westwood and Malcolm McLaren's "Sex" shop in the '70s.

I'm here to speak to Vivienne Westwood. Easier said than done, seeing as the PR reps have obviously taken tips from North Korea when it comes to media access. Ninety minutes pass by and the excitement amongst camera crews and reporters begins to wane (there are no chairs) and then she arrives. Has anyone been this excited to spend just a few minutes with a 71-year-old dame? I doubt it.

What kind of statement are you trying to make with this collection, particularly in relation to Julian Assange?
This collection's not got any strong political statement in itself — it's just here to help people look more attractive and more glamorous. I expect the message for the fashion is "quality is more important than quantity." Buy less, choose well, make it last.

Designer Vivienne Westwood wearing a Julian Assange T-shirt. IAN GAVAN/GETTY IMAGES

The other thing is, I always use my fashion as a platform to talk out against the problems we face, which are so urgent at the moment. The most important thing is public opinion, which makes politicians change — particularly the message about climate change.

Climate change is caused by the rotten financial system we've got and we can all see what it's doing now. It's making everybody poorer, it's making a few people richer and that's what this system is designed to do and it destroys the earth. And we will not get a different set of values and a better economic system unless we tackle our problems through climate change. What is good for the planet is good for the economy. That's my message.

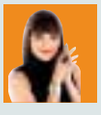
Are you anti-capitalism?
I don't know. This is something we have to work out. I mean, for example, there's far too much manufacturing in the world of total rubbish. If we want money to circulate, you could pay people not to work, which we do anyway, or you could make more money by paying teachers, for example. And yet, we are cutting down on all those things so that we can continue our old way of doing things, which is to manufacture so a few people can cream off the profits, destroy the earth and destroy the livelihoods of everybody else in the world.

Juergen Teller's latest exhibition features nude images of you. Do you find nudity liberating?
Well, thank you for the question. The thing is, I've worked with Juergen quite a bit. I do a lot of things for other people and Juergen asked me and of course I owe him a favour. He's a great photographer and we've had wonderful results from his stuff. And I must say that I'm quite honoured by the photographs — they are alright.

Would you ever do an interview naked?
No, not unless … no, not even for Juergen. There's no point, is there?

To what extent is sex a factor in your work?
Well, my husband would love to have all the models naked just like the photographs of Helmut Newton. He just thinks they're amazing.

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE.

@Jeanne_Beker: Poor Gus! Had to forego the park today cuz we're both slip slidin' away .....

@Michellehnilica: Dressed in style like his mom!

@kirstenreader: The cutest sad puppy face!

@totalburchmove: met @jeanne_beker today. new life goal: have a fraction of her genuinely wonderful self-possession for a fraction of a moment.

The Kit

Canadian street style

Spotted in: Halifax

Tosan Ikomi, Student
Age: 23

What she's wearing
Scarf from Ethiopia, Vagabond vintage coat, Guess jeans, Winner purse, Aldo boots.

Her inspiration
"I usually dress according to how I'm feeling, but this outfit was inspired by what a friend was wearing yesterday."

THE KIT PHOTOBLOGGER: MEGHAN TANSEY WHITTON, FASHIONEASTHALIFAX.COM

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!

Entertain indoors or out in style

Entertaining outside hasn't quite arrived in Canada, but checking out what's new in summer entertaining gear is making me pray harder for the warm weather to come as soon as it can. This spring, look for bright citrus or Moroccan colours, a variety of matte and glossy finishes and inventive design styles being offered with acrylic and melamine tabletop. Chic looking enough to use inside or out, but with a price that won't break the bank, there's no excuse for boring summer entertaining. Get into the stores and stock up on some fun outdoor party gear and host a pre-summer patio party indoors — a great way to test some summer cocktails in style.

KARL LOHNES
life@metronews.ca

Stackable beverage dispenser with ice keeper

Serve a variety of chilled, pre-mixed drinks with an acrylic portable beverage station this spring; a great item for outside, but think of its year-long conveniences next Christmas too. $80, thebay.com.

Clothespin Chopstick

Add some exotic, yet practical flair to your outdoor picnics with CB2's easy-to-use version of the chopstick. Yes, even grandma can now eat sushi. $5, cb2.com.

Rhode Acrylic Goblet

Modern and durable, smoke-coloured drinkware add a sophisticated statement to the outdoor table. $6.50, crateandbarrel.com.

Zak Orange Dinnerware

Bright citrus-coloured melamine dishes add a punch of satin colour to the table. $5 to $7 each, bedbathandbeyond.ca.

Zebag Wine Bottle Carry Case

Carry and display your wine in high style, this Zebag Wine Bottle Carry Case rolls out to display your wine. $70, thebay.com.

Viva Collection Tray

Exotically colourful trays add a punch of style to the table. $25, sears.ca.

Be patient and let your clothes dry off

What is the best way to dry wet winter clothing? Can I just throw everything in the dryer or do I have to let it stand and dry on the radiator? Please help!

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Yes, it is very important to dry winter clothing when you come in for several reasons.

First, putting on wet clothes is uncomfortable and does not keep you warm, and secondly, the wet clothing that does not dry out damages much faster. So what to do?

Ideally, you should find some space to hang the clothes, ensuring they don't touch anything else. A portable clothing rack is a good choice.

If you put them in the dryer or over a heat source you will damage the item very quickly.

So be patient, let the warm air of your home circulate around the garments and they should dry correctly and giving you longevity with your winter garments.

Clothes need to dry naturally — a dryer can damage them. ISTOCK IMAGES

Worried about what lurks in food dyes? Make your own

How do I make my own food dyes?

QUEEN OF GREEN
Tovah Paglaro
green@metronews.ca

Artificial food colouring — found in a variety of pre-packaged foods and purchased in plastic bottles to make baking technicolour — has been a cause for concern since the 1970s.

Although the potential effects linked to food colouring include scary associations — brain cancer and thyroid tumours — one commonly cited critic is an allergy-like reaction that causes hyperactivity.

Recurrent adverse health effects in the U.S. shrunk the list of approved food dyes from 15 in 1938 to the seven that remain today and although they've recently called for more research in this area, for now, the FDA holds that the food dyes on the market are safe. Health Canada concurs.

But not everybody does. A 2007 British study found that healthy children who consumed a mixture of common synthetic dyes displayed hyperactive behaviour within an hour of consumption. In the U.K., foods containing artificial colours must now display warning labels.

Moreover, concerned individuals — especially parents — are taking action. The average kid-diet is loaded with food dyes, but the industry lacks in standardized labelling practices, leaving consumers to fend for themselves.

So what's a proactive citizen to do when occasions call for pink cupcakes? Some people are turning to organic foods, which by definition are free of synthetic dyes. Others are voicing their concerns to food manufacturers and elected officials.

Still others are taking a DIY approach and making their own food dyes. It's easier than you think.

Easter's around the corner and the pastel hues of spring are the perfect trying grounds for homemade food dyes, which generally have a less vibrant tone than their artificial counterparts.

Use these recipes to colour frosting or bake into a favourite treat. Because natural food dyes are less concentrated than synthetic dyes, you might need more colour than usual to achieve your desired tone. Reduce other wet ingredients slightly to avoid soggy results.

Regardless of colour, the steps are the same.

There is still a debate about the health effects of FDA-approved food dyes. ISTOCK IMAGES

Method 1

In a pot combine any of the following colourful foods — chopped or grated — with just enough water to cover it. Bring to a boil for 15 minutes. Drain and cool. This results in a mild colour and almost no residual flavour.

Method 2

Juice or puree any of the following ingredients. This results in a more intense colour, and also a more intense flavour!

Red/pink: Beets, cranberries or raspberries (fresh or frozen), red zinger tea.
Yellow/orange: Carrots, onion, turmeric or saffron (Do not boil spices. Mix with water to make a thick past.)
Green: Spinach (puree it, don't cook it), matcha powder, liquid chlorophyll
Blue: Blueberries (fresh or frozen)
Purple: Red cabbage

Savoury and saucy: Hunter's Chicken with Creamy Polenta

"Perfect for a cold night, this stew offers plenty of protein from the chicken and beans," write the editors of The Affordable Feasts Collection. "Polenta is the ultimate inexpensive side dish."

This recipe serves four. JEFF COULSON

1. In nonstick skillet, heat 2 tsp of the oil over medium-high heat; brown chicken, about 8 minutes. Transfer to plate.

2. In same skillet, heat remaining oil over medium heat; cook onion, stirring occasionally, until softened, about 5 minutes. Add mushrooms and garlic; cook, stirring occasionally, for 3 minutes.

3. Stir in chicken broth, tomatoes, beans, tomato paste, Italian herb seasoning, salt and chicken and any accumulated juices; bring to boil. Reduce heat and simmer until thickened, 15 minutes. Stir in parsley.

4. Polenta: Meanwhile, in saucepan, bring 6 cups water to boil. Whisk in cornmeal, salt and pepper; simmer over medium-low heat, stirring often, until thick and stiff to stir, 10 minutes. Stir in butter.

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ALL RECIPES ON THIS PAGE EXCERPTED FROM CANADIAN LIVING THE AFFORDABLE FEASTS COLLECTION. COPYRIGHT

Ingredients

- 1 tbsp olive oil
- 8 boneless skinless chicken thighs, cut in 1-inch (2.5 cm) chunks
- 1 onion, chopped
- 8 oz (225 g) button mushrooms, sliced
- 3 cloves garlic, minced
- 1 cup sodium-reduced chicken broth
- 1 cup bottled strained tomatoes (passata)
- 1 can (19 oz/540 mL) white kidney beans, drained and rinsed
- 1 tbsp tomato paste
- 2 tsp Italian herb seasoning
- Pinch salt
- 1/4 cup chopped parsley

Creamy Polenta

- 1 2/3 cups cornmeal
- 1/4 tsp each salt and pepper
- 1/4 cup butter, cubed

Side. Roasted Roots Salad

This recipe serves six. YVONNE DUIVENVOORDEN

"Get back to your roots, but don't boil them — roast your in-season winter vegetables instead," suggest the editors of The Affordable Feasts Collection. "Serve with roasted meat, poultry or fish."

1. Trim tip off garlic and cut beets, carrots, sweet potatoes and celery root into 1-inch (2.5 cm) cubes; place in large bowl. Add oil, salt and pepper; toss to coat. Spread on large greased or foil lined rimmed baking sheet; roast in 425 F (220 C) oven, stirring once, until tender and potatoes are golden, 45 minutes.

2. Dressing: Squeeze roasted garlic pulp into salad bowl. Add mint, oil, vinegar and salt; mash together. Add vegetables; toss to coat. Serve hot.

Ingredients

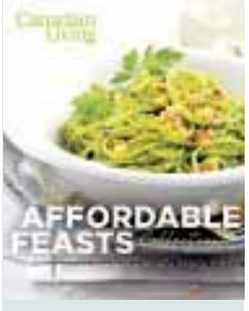
- 1 head garlic
- 4 beets, peeled
- 4 carrots, peeled
- 2 sweet potatoes, peeled
- 1 celery root (or 4 potatoes), peeled
- 3 tbsp olive oil
- 1/2 tsp each salt and pepper

Dressing

- 1/4 cup chopped fresh mint (or 1 tsp dried)
- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1/4 tsp salt

Cookbook of the Week

Eats that are easy on the wallet



When there's no room in your budget for luxuries, you can still eat like royalty at home, thanks to The Affordable Feasts Collection by The Canadian Living Test Kitchen.

Each chapter of the book focuses on a specific type of ingredient that's always reasonably priced: Red Meat, White Meat; Eggs, Beans & Tofu; Pasta, Noodles & Rice and Hearty Vegetables. As a result, among the affordable delicacies are: Steak alla Pizzaiola, Pork Chops with Peppered Apples, Grilled Peanut Tofu Salad, Italian Stovetop Mac & Cheese, Sweet Potato Perogies and more.

METRO

Escape the cold with Hearty Beef Stew

"Beef Stew is one of the most requested Canadian Living recipes," write the editors of The Affordable Feasts Collection. "If you're making the slow cooker variation and time is of the essence, you can skip browning the meat and just put it directly into the slow cooker."

1. Trim and cut beef into 1-inch (2.5 cm) cubes. In plastic bag, shake together beef, flour, salt and pepper; reserving remaining flour mixture, remove beef. In Dutch oven, heat 2 tsp of the oil over medium-high heat; brown beef, in batches. Transfer to plate.

2. Add remaining oil, onions, Italian herb seasoning, bay leaves and reserved flour mixture to pan; cook over medium-low heat, scraping up browned bits, for 5 minutes. Return beef and any accumulated juices to pan.

3. Using potato masher, crush tomatoes; add to pan along with sweet potatoes, potatoes, celery and broth. Bring to boil; cover and simmer over medium-low heat or cook in 325 F (160 C) oven, stirring occasionally, until beef is tender, about 2 hours. Uncover and cook until slightly thickened, about 15 minutes.

4. Stir in peas. Discard bay leaves.

Ingredients

- 1 1/2 lb (675 g) stewing beef cubes
- 1/2 cup all-purpose flour
- 1/4 tsp each salt and pepper
- 1 tbsp vegetable oil
- 2 onions, cut in wedges
- 11/2 tsp Italian herb seasoning
- 2 bay leaves
- 1 can (28 oz/796 ml) whole tomatoes
- 2 cups chopped peeled sweet potatoes
- 2 potatoes, peeled and chopped
- 2 ribs celery, chopped
- 13/4 cups sodium-reduced beef broth
- 1 cup frozen peas

Slow Cooker Version

Increase broth to 2 cups. In large skillet, heat oil over medium-high heat; brown beef, in batches. Transfer to plate. In 18- to 24-cup slow cooker, crush tomatoes with potato masher. Add onions, sweet potatoes, potatoes, celery, bay leaves, Italian herb seasoning and beef; pour in 2 cups of the broth. Cover and cook on low until beef and vegetables are tender, 10 to 12 hours. Add peas, salt and pepper. Whisk flour with remaining broth; stir into stew. Cook, covered, until thickened, about 15 minutes. Discard bay leaves.

This recipe serves six. JODI PUDGE

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Team Canada skip Heather Nedohin reacts to a shot during a match against Manitoba on Wednesday in Kingston, Ont. The defending champion suffered her first loss of the tournament, falling 8-5 to Jennifer Jones. RYAN REMIORZ/THE CANADIAN PRESS

Jones victorious in battle of unbeatens

Scotties Tournament of Hearts. Manitoba hands Nedohin and Team Canada their first loss, sits atop standings with Ontario's Homan

Manitoba's Jennifer Jones handed Team Canada's Heather Nedohin her first loss at the Scotties Tournament of Hearts on Wednesday, scoring two in the final end for an 8-5 victory over the defending champion in Kingston, Ont.

Jones and Rachel Homan remained tied in first place at 7-0 after the Ontario skip continued her impressive start with an 8-2 rout of Saskatchewan's Jill Shumay.

Jones used her final shot in the 10th end to tap a Nedohin stone off the button to score a pair.

"We needed to make some big shots and we made them," Jones said. "That's always a confidence booster. It's always great to have to make a last shot to win.

"It was a really good team shot. The girls swept it and we made it and it feels great going into tomorrow."

Nedohin's side missed a few shots early on but pulled to within one with a deuce in the ninth end.

"She had to make her last shot," Nedohin said. "That's a pretty good game."

The top three rinks were off for the evening draw.

After 10 draws, Nedohin was alone in third at 6-1. She's followed by Shumay and Prince Edward Island's Suzanne Birt, who posted a 7-6 win over Kerry Galusha of the Northwest Territories/Yukon to improve to 4-3.

The tournament is past the midway point and teams are starting to think about potential playoff positioning. Jones and Homan are in good shape as it will likely take at least seven wins to be in the mix this weekend.

"It's nice to get that seventh win and it knocks (Saskatchewan) down with another loss so there's a little bit more separation," Homan said.

THE CANADIAN PRESS

A lot on the line

The playoffs begin Saturday. The tournament winner will represent Canada at the world women's curling championship next month in Riga, Latvia.

NHL

Sabres fire Ruff

Buffalo Sabres coach Lindy Ruff was fired on Wednesday after the team's latest slow start to the season and amid growing criticism from the team's fan base.

The Sabres (6-10-1) have gone 4-10-1 since opening the season winning their first two games.

Lindy Ruff
GETTY IMAGES FILE

With a 571-432-162 record, Ruff was the team's winningest coach. In his 16th season, Ruff was also the active leader among NHL coaches with the same team.

Ron Rolston will finish out the season as the Sabres' interim coach.

Rolston was in his second season as coach of AHL Rochester, the Sabres' minor-league affiliate.

THE ASSOCIATED PRESS

NHL

Skinner out with concussion

The Carolina Hurricanes say forward Jeff Skinner has a concussion.

The team disclosed Skinner's injury Wednesday and listed him on its injury report as day to day.

The NHL's 2011 rookie of the year missed the Hurricanes' loss at Montreal on Monday with what was initially described as an upper-body injury. He was hurt Feb. 14 in a win over Toronto but skated during practice the following day. It's the second straight year Skinner has suffered a concussion. He missed 16 games last season with one.

The 20-year-old Skinner is second on the team both in goals (seven) and points (14). THE ASSOCIATED PRESS

Marino 'stepping away' from tennis

Rebecca Marino on Wednesday. JONATHAN HAYWARD/THE CANADIAN PRESS

Rebecca Marino has decided she cannot battle opponents and depression at the same time.

The Vancouverite, who rose as high as the No. 38 women's tennis player in the world, announced Wednesday she's "stepping away" from the game due to an ongoing battle with mental illness, which she admits was exacerbated by some "really hurtful" comments she was subjected to on social media.

Marino, 22, told reporters on a conference call her depression stretched back six years.

"Social media has also taken its toll on me."

Marino, who first took a seven-month break from the game beginning in February 2012, said while she believes "social media is actually a really important part of our society and there can be a lot of good that comes out of it" it proved too "distracting" to her. She talked of receiving tweets that she should "go die," "go burn in hell" and had cost bettors lots of money.

Sylvain Bruneau, the head coach of Canada's women's national team and Fed Cup team captain, said in an interview that Tennis Canada is "very disappointed" by Marino's decision but remains fully supportive of her. TORSTAR NEWS SERVICE

Quoted

"The reason I'm stepping back is just because I don't think that I'm willing to sacrifice my happiness and other parts of my life to tennis."

Rebecca Marino

See today's answers at metronews.ca/answers.

Horoscopes

Aries
March 21 - April 20
Are you the forgiving sort? Probably not, but it will pay you to be a little less judgmental today, especially with people who are not as sharp-witted as you. Not everyone can be an Aries now, can they?

Taurus
April 21 - May 21
It would be nice if everyone was as honest and open as you, but they're not. So, take people as you find them and make allowances for those who fail to live up to your standards — that's just about everyone.

Gemini
May 22 - June 21
It will dawn on you today that some people don't want to be helped. So what's the problem? If others want to wallow in their own despair just let them. It's not really any of your business after all.

Cancer
June 22 - July 23
Let your imagination lead you in new directions today. As you think now so you will be later on, so give your mind permission to roam and don't worry that you may not accomplish much of a practical nature.

Leo
July 24 - Aug. 23
Put other people's needs ahead of your own today, even if you end up out of pocket. A few dollars here or there won't make much difference to you but it could make all the difference in the world to them.

Virgo
Aug. 24 - Sept. 23
If you have not yet reached your goals don't give up hope — and certainly don't blame it on other people. Be honest with yourself about where the blame lies and redouble your efforts over the next few days.

Libra
Sept. 24 - Oct. 23
You have everything to look forward to and nothing to fear. No, really! Whatever the reason for your doubts and fears, you must not waver from the tasks you have set. Keep going. You're almost there.

Scorpio
Oct. 24 - Nov. 22
Someone who fears or resents you will place obstacles in your path today and you would not be human if you did not feel a bit angry about it. But don't let your feelings show because that's what they are hoping.

Sagittarius
Nov. 23 - Dec. 21
Someone you love is finding it hard to make sense of their feelings. You, of course, have no such doubts and may be puzzled by their dilemma. Don't make fun of them though. They think it is deadly serious.

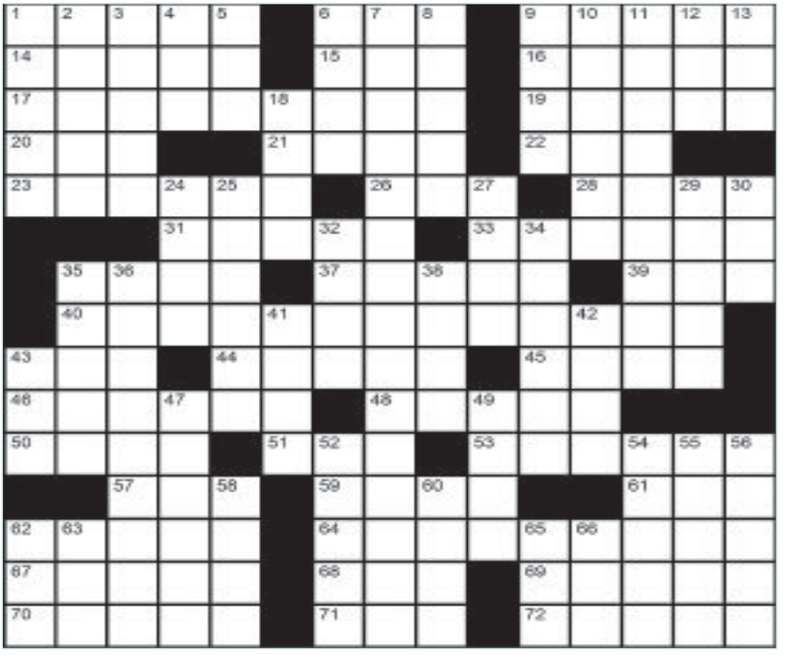
Capricorn
Dec. 22 - Jan. 20
You need to cut back on your commitments. According to the planets, you have taken on too many responsibilities of late — few of which are doing you good. It's time to be kind to yourself and ease off a bit.

Aquarius
Jan. 21 - Feb. 19
It might be best not to make any major decisions over the next 24 hours as the planets suggest you don't really know what you want. Leave it a couple of days and you are less likely to make a costly mistake.

Pisces
Feb. 20 - March 20
Neptune in your sign is making even quite simple situations look complicated. Both at home and at work you must think and act as if everything is fine, even if the opposite appears to be true. It's all about attitude. SALLY BROMPTON

Crossword: Canada Across and Down

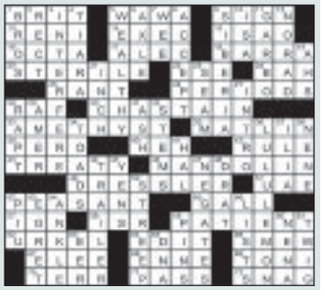
BY KELLY ANN BUCHANAN



Across
1. Church members
6. "Survivor" network
9. Singer/guitarist Colin
14. Outer's opposite
15. Ad __ committee
16. Kind of clover
17. Movie company founded in Vancouver in 1997
19. "Your show's starting!": 2 wds.
20. Go from _ __ B
21. Once __ a time...
22. Geog. coordinate
23. __-14 dating
26. Marked the ballot's little square box
28. 'Prem' suffix (Movie's first showing)
31. Monday: French
33. Reflection giver
35. Kilt wearer
37. Caper
39. Writer Mr. Fleming
40. "Sweet Jane" band helmed by Margo Timmins: 2 wds.
43. Writer Mr. Capote, to pals
44. Map detail
45. "Meet Me __ __. Louis" (1944)
46. Rant
48. More sweet
50. Alphabet sequence
51. TV __
53. Goodies
57. Sequence, for short
59. Petty quarrel
61. Egg mass
62. "The __ a man's heart...": 2 wds.
64. Alberta's provincial bird, Great __ __
67. Oscar-winner Tatum
68. 'Carot' completer
69. "Wake Up Little __" by The Everly Brothers
70. Like a Viking
71. '60s hallucinogenic
72. MTV target audience

Down
1. Light purple flower
2. Rita Moreno's role in "West Side Story" (1961)
3. The Koh-_-__ Diamond
4. Five + Five's total
5. Decade divs.
6. Gent
7. They're used to smooth frown lines: 2 wds.
8. Vista
9. Prison
10. Aquila constellation's brightest star
11. Whodunits
12. __-friendly
13. Li'l Ottawa hockey player
18. Fashion mentor Tim of "Project Runway"
24. Setback
25. Win at the auction
27. Music key, _ __.
29. Jokes-filled celebrity tribute
30. 'North' suffix
32. "__ of Thunder" (1990)
34. More yucky
35. Theatre curtain fabric
36. Montreal Canadiens great, Yvan __
38. Ballerina's garb
41. Singles
42. Concerning, on a memo: 2 wds.
43. Final amt.
47. Really big veins
49. Talk to ya later, e-mail-style
52. Archie Comics character
54. Sprang up
55. Haul a car to the garage: 2 wds.
56. Tennis great Monica
58. Chiquita competitor
60. Wilma's hubby
62. Got the gold
63. 'Volc' ender (Lava spewer)
65. Approx.
66. "__ South"

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

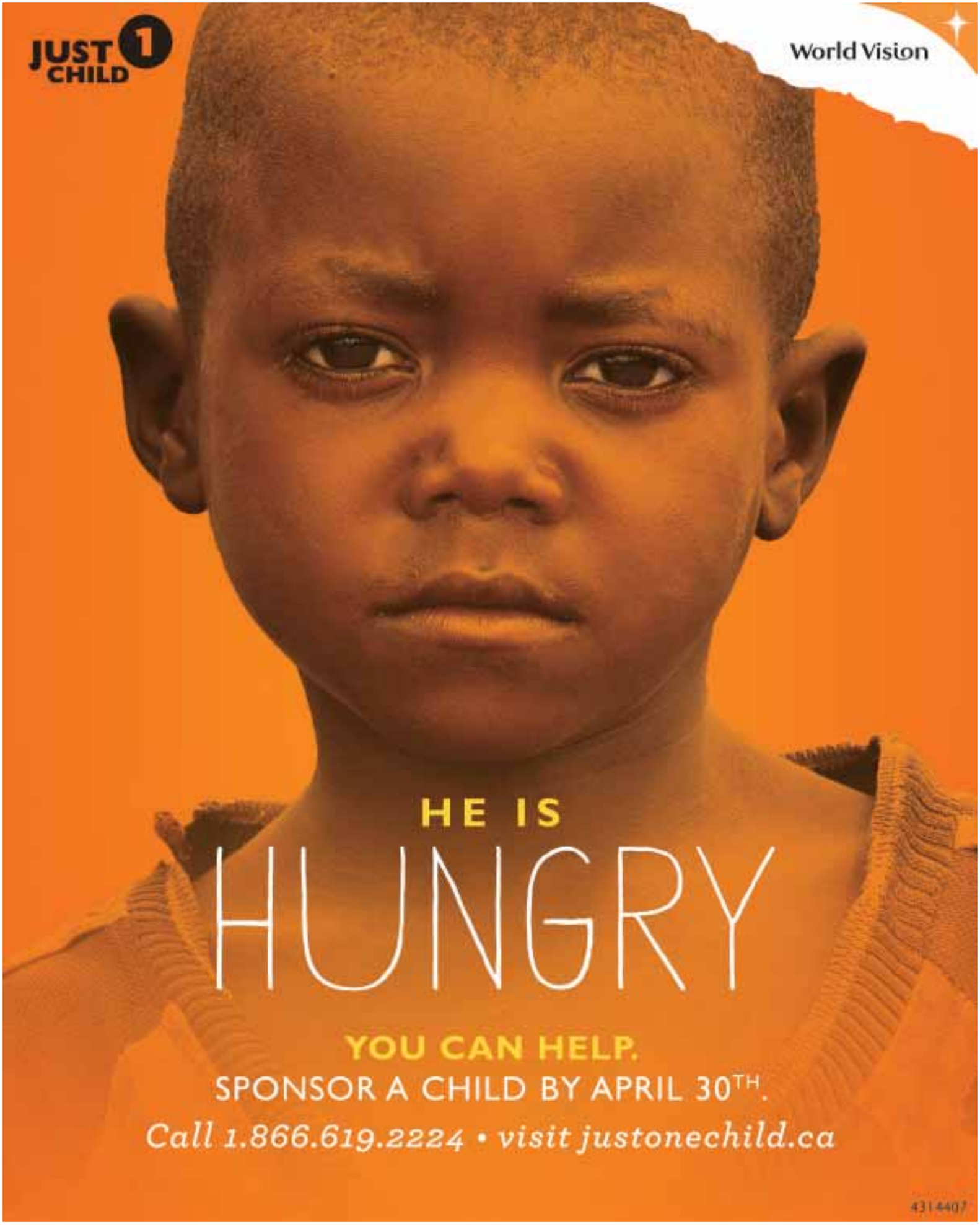
	7		3		4	6	9	
					5			8
2						1		3
	4		7			3	6	
				1				
	8	1			2		5	
5		7						6
6			5					
	3	9	4		1		7	

Yesterday's Sudoku

1	6	4	9	8	3	2	5	7
2	3	9	6	5	7	4	1	8
5	8	7	4	2	1	9	6	3
7	2	5	3	6	8	1	4	9
3	9	6	1	4	5	7	8	2
4	1	8	2	7	9	6	3	5
9	5	1	7	3	4	8	2	6
8	7	2	5	1	6	3	9	4
6	4	3	8	9	2	5	7	1

Sharability

easy hard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